

My Worry Jar

Write or draw your worries, then let them go!

Write or draw each worry inside the jar. Then pick a coping strategy from the toolbox!

MY WORRIES

My Coping Toolbox (circle one to try!)

- Take 5 deep breaths
- Talk to a grown-up
- Draw how I feel
- Squeeze a pillow
- Count to 10 slowly
- Go for a walk
- Listen to music
- Hug someone I love